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2. The sachet of Claim 1 wherein said second layer comprises a second upper film layer.
3. (Amended) The sachet of Claim 1 wherein said first sub-aperture region comprises a score line in said first layer.
4. (Amended) The sachet of Claim 1 wherein said first layer is sealed to said second layer at said aperture region.
5. The sachet of Claim 4 wherein said seal remains intact after first rupture of said aperture region.
6. A method of forming a sachet, said sachet comprising a tray portion to which is non-releasably sealably affixed a composite releasably sealable structure; said composite releasably sealable structure comprising at least a first layer overlaying a second layer; said first layer comprising a semi-rigid member; said composite releasably sealable structure including an aperture region therein; said aperture region comprising a first sub-aperture region in said first layer in communication with a second sub-aperture region located in said second layer; said second sub-aperture region comprising a rupturable film component; said method comprising the steps of:
  - a. forming an array of indentations in a film layer, each indentation corresponding to said tray portion;
  - b. injecting a flowable substance into said indentations;
  - c. placing an upper sheet assembly corresponding to said composite releasably sealable structure over said array of indentations;
  - d. non-releasably sealing peripheral portions of said indentations to said upper sheet assembly thereby to form an array of sachets.
7. The method of Claim 6 wherein said steps are performed in a batch mode.
8. A sachet for the packaging and dispensing of a flowable substance, comprising a

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semi-rigid member having formed thereon a weakened region so that upon bending across said weakened region said semi-rigid member will fracture along said weakened region, a reservoir means formed by overlaid first and second flexible film layers and adapted to contain said flowable substance, said second flexible film layer being affixed upon said semi-rigid member and including an aperture therethrough at a location proximate to said weakened region; said aperture comprising a rupturable film component; the region of the said second flexible film layer immediately surrounding said aperture being sealed to the adjacent region of the said semi-rigid member so as to prevent leakage of said flowable substance from within the said reservoir means, whereby fracturing along said weakened region will expose the said aperture so as to allow the said flowable substance to be dispensed.

9. The sachet of claim 8 wherein the weakened region comprises a score line across said semi-rigid member.

10. The sachet of claim 8 wherein the first and second flexible film layers comprise separate flexible film members affixed together at their respective peripheral regions.

11. A sachet for the packaging and dispensing of an item or a flowable substance, said sachet comprising a semi-rigid member having formed thereon a weakened region so that upon bending across said weakened region said semi-rigid member will fracture along said weakened region, a reservoir means formed by overlaid first and second flexible film layers and adapted to contain said item or flowable substance, said second flexible film layer being affixed upon said semi-rigid member; said second flexible film layer incorporating a second sub-aperture region comprising a rupturable film component; the region of the said second flexible film layer immediately surrounding an aperture or aperture region being